

Boosting using Slider Sheets that Stay on the Bed

Safe Work Procedure

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Risk Factors: Manually repositioning a client involves strain on healthcare workers. Slider sheets that stay on the bed (e.g. Swift slider sheets, etc.) reduce the amount of force required to manually reposition a client.

Client Considerations:

- Workers need to consider a client's weight when determining if slider sheets that stay on the bed are appropriate repositioning equipment for a client needing moderate to full assistance from workers for repositioning. Slider sheets that stay on the bed begin to lose effectiveness for a client weight greater than 200 lbs./90 kg.
- Slider sheets are not to be used to reposition a client with bariatric needs who requires moderate to full assistance from workers with repositioning.

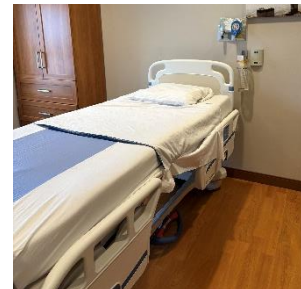
Number of Workers: 2 workers are needed for boosting using slider sheets that stay on the bed.

Equipment Needed: Swift slider sheet set - one top slider sheet and one fitted bottom slider sheet.

Procedure:

1. Preparation

- The fitted slider sheet is positioned on the mattress with the sliding surface facing up.
- The top slider sheet is positioned with the sliding surface facing down against the mattress and should be positioned under the client's shoulder to hip area.
- If the client requires a soaker pad, the soaker pad can be positioned on top of the top slider sheet.
 - Please note: Soaker pads are not intended for repositioning.



2. Worker positioning

- One worker is positioned on each side of the bed.

3. Adjust the bed

- Position the bed in a flat position.
- Put the side rails down on both sides of the bed and untuck the top slider sheet.
- Adjust the bed to the appropriate working height (approximately hip height) for both workers' comfort and to allow them to use safe body mechanics during boosting.



4. Client positioning

- Verify that the client is positioned properly on the slider sheets.
- Ask the client to position their arms crossed in front of them with their hands on their shoulders. This helps put the client's arms and shoulder blades in a better position for repositioning.



5. Planning to boost the client

- Workers discuss a communication plan to ensure they complete the client boost in sync (i.e. will communicate "1-2-3-slide" and move the client on the word "slide").

6. Boost the client

- If the client is able to, ask the client to lift their head by tucking their chin to their chest.
- Workers communicate and complete the boost in sync.
- Workers use safe body mechanics principles of the powerful posture during boosting:
 - **Steady stance:** Wide base of support with feet shoulder width apart.
 - **Neutral Spine:** Ears, shoulders and hips are aligned.
 - **Bend at the Hips and Knees:** Strong leg muscles are engaged. Legs power the move with a sideways weight shift.
 - **Strong Grip:** Palms up grip is used to hold the untucked top slider sheet.
 - **Load Stays Close:** Hands are positioned close to the client with one hand near the client's shoulder and one hand near the client's hip/buttocks. Elbows are kept close to the trunk.
 - **Keep the Core Strong:** Abdominal muscles are engaged.
 - **Minimize Twisting:** The face and feet are always pointed in the same direction.



7. Assess if additional boosting is needed

- Assess if the client has been boosted enough. If additional boosting is required, complete the above steps again.

8. Prevent the client from sliding

- The client's hips should be aligned with the midpoint of the length of the bed.
- Ensure the top slider sheet is tucked under the mattress to keep it in place.
- Raise the knees of the bed slightly, then raise the head of the bed.



9. Leave the client in a safe position

- Position appropriate side rails up on the bed.

Resources:

- [Swift® In-Bed Repositioning System Guide](#)
- Other relevant safe work procedures
 - Positioning Slider Sheets that Stay on the Bed
 - Turning a Client Using Slider Sheets that Stay on the Bed